

Yoga and Mindfulness – tools for school and home, virtual studio.

Thank you for your patience and all of us coming together.

Join our classroom practices from home and share them with our family too. Your kiddos will be able to help you as well.

Our practice is live, and is not recorded. All you will need to do is create a free zoom.us account to log onto the class portal, no special purchase is required. Yes, please share this.

Jen's ZOOM:

<https://zoom.us/j/7688612861>

Jen's Zoom Meeting ID: 768 861 2861

Please join the class quietly.

Caregivers please check the computer before we begin our class:

1. Check that my sound to you is on, and
2. your output sound is off.
3. You can choose to keep your video feed on (your SOUND OFF) for the added bonus of seeing each other too as we practice together from school to school.

Yoga and Mindfulness with Jen, March 30 – April 3, 2020

MORNING:

Tuesday, Thursday 5:55A – 6:30A

Topic: Wake UP! Balance Mind & Stretch Spine Practice

Weekdays, M – F 8A – 8:35A

Topic: Morning drums, singing bowls, breathing calm with stretch and strength

Weekdays, M – F 9:00A – 9:40A

Topic: 33 Sun Salutations = 363 movements of mind, body and breathing fun. We'll count and balance, maybe even do a few more (or less)!

Weekdays , M – F 10A – 10:20A

Topic: Mind movement and games for joy, calm, balance

Weekdays , M – F 10:30A – 11A

Topic: Breathwork to energize, invigorate and relax the body and mind

Yoga and mindfulness tools for school and beyond
March 30 – April 3 schedule

AFTERNOON:

Monday 1P – 1:30P

Topic: Pebble moment and other short practices for mind, body, breath calm

**Before we practice, please gather 4 rocks that you notice and fit comfortably in your hand*

Tuesday 1P – 1:30P

Topic: Arm balances and calm mind

**please be sure your video is on too for this practice*

Wednesday 1P – 1:30P

Topic: Breathing exercises both rigorous and calm to increase resilience

Thursday 1P – 1:30P

Topic: Dragon dance to uplift mood, creativity and build strength

Friday 1P – 1:30P

Topic: Singing bowls and mind movie relaxation

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One tap mobile

„7688612861# US Toll

Thank you!

take care,

Jen